Dear Parents and Caregivers,

Thank you to everyone who visited our school last night. Children love to have their family members share in their school life and an opportunity to show their learning. It was great to see so many people visit rooms other than their children's and to visit both the Steiner stream and mainstream rooms. Staff too appreciate your visits and feel proud to share with you. So thanks for coming!

Last Sunday evening our senior choir performed at the Festival of Music in the Adelaide Festival Theatre. It was a wonderful night and uplifting to hear so many sweet, yet strong, voices and be entertained by the supporting acts. I certainly felt very proud of our 20 choir members. This night is the culmination of practice, practice and visits and feel proud to share with you. So thanks for coming!

This year our school was further represented on nights other than our choir night. We had Year 7 twins Charlotte and Jane Burton selected as members of the Primary Schools Orchestra, playing the keyboard and violin respectfully. Another Year 7, Betty Huang, won a place in the highly prized Festival Artistic Troupe. These girls were involved in 4 other concerts. And, Lucy-Marie Silvestri won selection as a Program Compare, having an audience of thousands in her hands as she clearly enunciated information and the announcements of acts. While preparing for these important roles these four girls still maintained their commitment to our school choir. What wonderful role models. Congratulations and thank you girls.

Have you marked Saturday 1 November on your calendar? It's the date for our huge school fair. A dedicated committee of parents has been working very hard to prepare for this event. It is an enormous task and everyone in our school community can help to make this a successful event. By now you have probably received a flyer advertising the fair. You can help by posting this somewhere, such as your worksite, or by passing it amongst your extended family. Have you sold your raffle book yet? It's another way you can help. Tickets to the 'Rockin' Rocky' will soon go on sale and purchasing a ticket before the fair will ensure your child doesn’t miss this fun show. Children love live entertainment and here’s a great opportunity close to home. While your children are at the show (it will have adult supervision) you can do your Christmas shopping. Why not make a Christmas gift list over the forthcoming school holidays and then come along on 1 November to do your shopping in one easy hit.

It’s the time of the year for a school review ready to set our priorities for 2009. Staff have already undertaken their review and completed opinion surveys. Now it is the turn of parents and students. DECS randomly selected students from Years 3-7 will complete an online survey supervised by our ICT Coordinator. DECS central office has randomly selected about 100 parents to complete the parent survey. If you are one of these families you will receive a letter.
Cathryn Banner's Year 3/4 Steiner Class have had the good fortune to be involved in a DECS music trial since May this year. This is the only class in the state doing strings and the unique feature is that the class practices as a whole each day. Due to the daily practice the students have progressed rapidly. The children really enjoy it and even the teacher is learning!

Each child was allotted either a violin, viola or cello and the three groups practice both as a complete ensemble as well as individual groups. During practice the children have the opportunity to lead the group at times and help each other through peer mentoring. The trial will continue until Week 7 in Term 4.

MUSIC TRIAL SUCCESS

explaining the process. Please help us find out what you think by completing the surveys. In addition Governing Council seeks feedback from all families about the school times. The revised times have now been operating for one year at the beginning of term 4. Governing Council is also keen to hear what you think of the Steiner stream now that it has been operating for 3 years. Everyone is encouraged to provide feedback. If you would like to let Governing Council know your thoughts please put them in writing addressed to the Governing Council and leave at the school reception office. Thank you for taking the time to help out.

Next week is the last week of term and we have early closing at 2:05pm. During the holidays work on our facilities upgrades will continue. As you can see The St Morris Unit has been virtually gutted and the creation of several new rooms well underway. An outside shade structure and play area will be erected next to the swings near the middle primary play equipment. A Fence will be installed making a secure area for our unit children. Meanwhile site works for the new Aberdare rooms will begin at last. Everyone has been so patient and now there's not much longer to wait. There's good news on the gym rebuild too as the tender will close soon and we are still hopeful for a late November start.

Happy and safe holidays!

Vicki Stokes
**Healthy Eating Tips**

**Persuading Children to Eat More Fruits and Vegetables**

You may have been told not to play with your food, but making mealtime playful can mean healthier eating for you and your kids! Here are some suggestions to build more fruits and vegetables into your child's daily diet:

Top a bowl of whole grain cereal with a smiley face: banana slices for eyes, raisins for nose, peach or apple slice for mouth.

Create a food collage. You can use broccoli florets for trees, carrots and celery for flowers, cauliflower for clouds, and a yellow squash for a sun. When you’re all finished, you can eat your masterpiece!

Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes and berries.

Go food shopping with your children. Take them to the grocery store or Farmers’ Market to let them see all the different sizes and colors that fruits and vegetables offer. Let them pick out a new fruit and vegetable to try.

Try fruit smoothies for a quick healthy breakfast, or afternoon snack.

Keep lots of fresh fruits and veggies washed, available, and in a place where children know to look when they want a snack. Easy fruits and vegetables to grab and eat on the run include apples, pears, bananas, grapes, figs, carrot and celery sticks, zucchini slices. Add yogurt or a tub of nut butter or tahini for extra protein.

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**Family Fun Fair**

Trinity Gardens School - November 1 2008

Thank you to everyone who has already so generously donated to the fair. This week’s stall donation drive is for

**Sweets & Treats**

The school holidays might be a great time for you and your family to prepare some treats with a longer shelf life. How about…

- Fruittcake
- Peppermint Ice
- Toffee
- Turkish Delight
- Honeycomb
- Rocky Road

The following websites have some great ideas:

- [http://www.greatbritishkitchen.co.uk/recipebook/](http://www.greatbritishkitchen.co.uk/recipebook/)

Please remember all foods require an ingredient list and need to be pre-packaged individually or in packs (cellophane or zip lock) ready for sale. Thank you.

**HAVING A HOLIDAY CLEANOUT?**

The committee will also gladly accept donations of …. Bric a’ Brac, Furniture, Baby Goods, Plants, Clothes, Books, Music/Multimedia and Sporting Goods. (No electrical goods please.)

**Please leave all donations at the front office.**

**Family Fun Fair Raffle Books**

Don’t forget to sell your raffle tickets and return the money and book stubs to the front office by Friday October 24. There are seven main prizes including a BBQ, a Portable Dual Screen DVD player and an Adelaide 36ers Silver Family Membership valued at $570.00. The raffle will be drawn on fair day at 4pm. Extra books are available from the front office.

**Entertainment at the Family Fun Fair**

As well as a jazz band, Old MacDonald's Farm, a visit form the fire department and the great class stalls, entertainment at The Family Fun Fair will include carnival rides and a performance by Rockin’ Rocky. Please see newsletter insert for more details. Rockin’ Rocky tickets and Carnival Ride wristbands are available for purchase from the front office now. (Receipts for carnival ride wristband will be issued from the office. Collect your wristbands at the fair on the day.)

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**Canteen Meal Deal - Tuesday 23 September**

On Tuesday 23 September a canteen meal deal will replace normal lunch orders - **No other lunch orders will be available on this day.** Deal for week 10, term 3:

**Trinity Treats Burger**  
(chicken fillet in a long roll with lettuce and mayo)

**OR**

**Vege Burger**  
(vegetarian pattice with lettuce and mayo in a long roll)

with a delicious CHOCOLATE or STRAWBERRY Mousse Crumble

and a bottle of Water

All for only $6.00

I would like to order a burger (**please circle your choice**) and a mousse crumble (**please circle your choice of chocolate or strawberry**) and a bottle of water - for only $6.00

Name…………………………………………………………………………………………………………………………… ………...                       Room…………………………….

Amount enclosed…………………………………………………………………………………………………………...
Recounts from C01
Our newest reception class is producing some great work with their teacher Emma Wood. Here are some examples of the children’s Recounts of what they enjoyed on the weekend.

By Hayden

By Jessica

By Jordan

WORDS OF WISDOM ~ UPFRONT
“There is more to life than increasing its speed.” - Mahatma Ghandi

SPORTS NEWS

SOCcer
We urgently require all soccer uniforms washed and returned to school by Wednesday 24 September (this week) at the latest. We will then conduct a stocktake of our uniforms and store them for future use in 2009.

Cricket
Our cricket teams of Year 2/3 and Year 4/5 players will be playing again in Term 4 - a letter will go out to Term 1 players this week.

If your son or daughter in Year 2, 3, 4 or 5 would like to start playing cricket please see Ros before the end of this term. At this stage we do not have any more coaches so may only be able to take a few new players.

A program of matches and venues will be available early next term - the first match will be Saturday October 18.

HOT WEATHER POLICY (as per Cricket Australia Junior Cricket Policy): If the forecast temperature is 38 degrees or over on the Friday night 6pm ABC Radio news bulletin (or Thursday night news bulletin for Friday afternoon matches), all games will be cancelled. If our school wishes to cancel a game at a lower temperature, we will need to contact our opposition.

Milo in2cricket
A fun introduction to the game for 5-9 year old cricketers run at Col. Waite Oval, South Tce, Kensington Gdns. Two sessions are offered on Saturday mornings during Term 4 starting on October 25th, with a skill-based session for beginners from 8.30-9.30am and game-based session for older participants from 9.30-10.30am. Cost is $45 to register plus $1 per week. All participants receive a Cricket Kit including a bat, ball, bucket hat, tattoos, CD-ROM, t-shirt and a sachet of Milo. For more information please contact Ben Johnswood on 0438 860 048.

Thank you to the small band of generous parents who turned up on Saturday for the working bee. Some helped oil the blocks in the ELC while others weeded and planted. We didn’t get all the jobs done and we hope more can join us next term so that we can keep our physical environment looking its best.

OSHC NEWS

Vacation Care News:
To enable administration and staffing details to be finalised, all Vacation Care bookings must be booked by Friday 19 September at the latest. Bookings received after this date will incur an additional $5 late booking charge per family – this fee does not receive Child Care Benefit reductions. A deposit is required for all Vacation Care bookings. A program was included with the last newsletter.

Please contact OSHC on 8332 6901.

Uniform Shop News
Please be aware that the uniform shop will be closed next Friday (the last Friday of term) due to stocktake.

You can still access the uniform shop during its usual trading hours this Friday 19 September 8.25 - 9.30am or Monday 22 September 2.45 - 3.30pm. The Uniform Shop will be open as normal from week 1 of term 4.

Thank you.

A Poem About Stephanie Rice
Stephanie Rice
Seems very nice
She swam in the Olympic pool
Which I think is very cool
She tried her best
And beat all the rest
She must be kind
With the right thinking mind
Not to take drugs
In old coffee mugs
She swam like a fish
With a fantastic wish
Which won her medals
And feet like pedals
There was no shame
Brought to the game.

Written by Chelsea and BJ
Mrs Hales Year 4 Class

Steiner Placements
Parents of current students
Future Steiner classes are filling rapidly. If you have not enrolled any siblings and would like to, please collect an enrolment form from the office as soon as possible. Years 2009 and 2010 are near capacity.

Virtues of the Week
Week 10: Revision of Virtues